

MSABC WOMENS SHORT COURSE RECORDS AS OF AUGUST 2023

MSABC WC

AGES	18-24	25-29	30-34	35-39	40-44	45-49	AGES	50-54
Free 50m	G.MacDON PCS/VAN	V.NAESS EBSC/Nat	N.DOUGHT WIN/NAT	S.HINDMAI SEMI/Prov	S.MacDON VIC/PROV	S.MacDON VIC/NAT	Free 50m	S.MacDON VIC/Prov A
	27.24	27.35	27.01	27.84	27.18	27.31		27.81
Free 100m	K.APOLZER NVM/UBC	V.NAESS EBSC/Nat	V.NAESS EBSC/NAT	S.HINDMAI SEMI/Prov	S.MacDON VIC/NAT	S.MacDON VIC/NAT	Free 100m	S.MacDON VIC/PROV
	01:03.5	59.41	59.24	01:01.4	59.77	59.58		01:01.8
Free 200	A.LESLIE COWI/Prov	S. MELODY SFU/VAN	V.NAESS EBSC/NAT	S.HINDMAI SEMI/Chilli	S.MacDON VIC/NAT	C.MABEE VIC/NAT	Free 200	S.MacDON VIC/WA JAI
	02:16.0	02:08.9	02:09.5	02:14.2	02:13.1	02:14.6		02:19.8
Free 400	A.LESLIE COWI/Prov	S. MELODY SFU/VAN	V.NAESS EBSC/NAT	A.DIMITRE EBSC/WIN	K.GEISHEIN Hyack/Van	C.MABEE VIC/Prov	Free 400	D.FOSTER TYE/DUN A
	04:48.7	04:34.2	04:40.3	04:41.1	04:48.1	04:47.2		05:02.0
Free 800	S. HOWES WIN/TSA A	J.SAVAGE KISU/PENT	A.DIMITRE WIN/NAT	A.DIMITRE PROV/WIN	A.HARMER EBSC/Nat	S.MacDON VIC/NAT	Free 800	C.MABEE VIC/PROV
	0.425856	09:31.2	09:48.2	09:41.2	10:04:34	0.420475		10:15.6
Free 1500	D.STOCKST SMSC/Prov	A.LESLIE COWI/Prov	A.DIMITRE WIN/NAT	A.DIMITRE PROV/WIN	A.HARMER EBSC/PROV	A.HARMER EBSC/Nat	Free 1500	A.ABDOU EVD/EDM I
	19:48.1	18:36.1	18:52.2	18:17.8	19:22.8	19:17.4		20:19.5
Back 50m	G.MacDON PCS/VAN	L.LARIGNA CDS/UBC	V.HADD EBSC/NAT	C.MABEE VIC/COWI	C.MABEE VIC/PROV	C.MABEE VIC/Prov	Back 50m	C.MABEE VIC/PROV
	30.89	29.51	31.67	29.91	30	30.28		31.4
Back 100	C.PFEIFFER RMSC/NAT	L/LARIGNA CDSC/Nvan	V.HADD EBSC/NAT	C.MABEE VIC/Prov A	C.MABEE VIC/PROV	C.MABEE VIC/PROV	Back 100	C.MABEE VIC/PROV
	01:10.6	01:02.6	01:06.6	01:04.6	01:04.6	01:04.5		01:07.3
Back 200	A.SZAFLAR TMTS/UBC	L.LARIGNA CDS/UBC	V.HADD EBSC/NAT	C.MABEE VIC/COWI	C.MABEE VIC/PROV	C.MABEE VIC/NAT	Back 200	C.SHEEHAN PENT/Prov.
	02:29.9	02:16.4	02:21.4	02:22.1	02:22.0	02:23.9		02:35.9
Brst 50m	L.KAM UBC/Prov	S.LIGHT VIC/NAT	N.DOUGHT WIN/VAC	J.JAY F CVMC/PRC	J.WOODW VIC/DUN A	S.MacDON VIC/Prov	Brst 50m	S.MacDON VIC/NAT
	36.84	34.13	36.03	36.93	36.47	35.58		35.88
Brst 100m	L.KAM UBC/Prov	K.McEVOY VIC/Prov A	N.DOUGHT WIN/NAT	J.JAY CVM/PROV	J.WOODW VIC/NVAN	S.MacDON VIC/NAN	Brst 100m	S.MacDON VIC/NAT
	01:18.7	01:14.4	01:18.3	01:19.6	01:18.8	01:18.9		01:19.4
Brst 200m	S.FLYNN	E.ADAMCZ I.VonBECKI	J.JAY	J.JAY	C.PENDER C.PENDER	C.PENDER	Brst 200m	A.RHODES

	UBC/UBC N	EBSC/Prov	EBSC/Prov	CVM/NAN	NAN/Prov	NAN/Prov	Jun23	VIC/PROV /
	02:56.5	02:41.7	02:49.3	02:51.0	02:57.1	02:53.6		03:02.4
Fly 50m	G.MacDON	K.DOUGLA	M.IKEHATA	S.HINDMA	S.MacDON	C.MABEE	Fly 50m	C.MABEE
	PCS/VAN N	EBSC/Prov	CDM/Apr1	SEMI/Prov	VIC/NAT M	VIC/Prov	APR16	VIC/PROV /
	30.38	28.61	29.62	30.08	30.45	30.26		30.73
Fly 100m	K.DOUGLA	K.DOUGLA	M.IKEHATA	C.GUIDI-SW	C.GUDI-SW	C.MABEE	Fly 100m	C.MABEE
	EBSC/Van	EBSC/Prov	CDM/Apr1	OKM/PRO	OKM/PRO	VIC/Prov	APR16	VIC/Prov A
	01:04.0	01:04.8	01:06.1	01:07.5	01:07.5	01:08.4		01:10.0
Fly 200m	K. WORM	S. MELODY	M.IKEHATA	C.GUIDI-SW	C.GUDI-SW	C.GUDI-SW	Fly 200m	A.HARMER
	VANY/TSA	SFU/VAN N	CDM/Apr1	OMSC/Pro	OKM/PRO	OKM/Prov	Apr17	DOL/Prov /
	02:52.2	02:26.3	02:35.4	02:31.6	02:33.0	02:34.6		02:55.6
IM 100m	G.MacDON	K.McEVOY	V.HADD	L.DORRING	S.MacDON	S.MacDON	IM 100m	S.MacDON
	PCS/VAN N	VIC/Prov A	EBSC/NAT	VIC/VAN M	VIC/NAT M	VIC/NAT M		VIC/Prov A
	01:07.9	01:07.4	01:08.0	01:09.9	01:08.8	01:08.8		01:10.0
IM 200m	H.JOHN	V.HADD	V.HADD	J.JAY	S.MacDON	C.MABEE	IM 200m	C.MABEE
	NAVY/Nan	EBSC/NAT	EBSC/NAT	CVM/NAN	VIC/PROV /	VIC/NAT M		VIC/PROV /
	02:37.7	02:26.2	02:25.7	02:34.8	02:35.0	02:30.8		02:32.3
IM 400m	D.STOCKST	E.ADAMCZ	V.HADD	J.JAY	A.HARMER	C.MABEE	IM 400m	S.MacDON
	SEMI/Prov	EBSC/Prov	EBSC/PRO	CVM/DUN	EBSC/NAN	VIC/Prov	APR16	VIC/EBSC F
	05:46.8	05:16.7	05:14.7	05:30.8	05:18.9	05:30.4		06:02.3

MEN'S SHORT COURSE RECORDS AS OF AUGUST 2023

MSABC WOMEN'S SHORT COURSE

55-59	60-64	65-69	70-74	75-79	AGES	80-84	85-89	90-94
S.MacDON, S.MacDON, K.GRAHAM	G.LOPEZ	G.LOPEZ	Free 50m	L.MacPhers	E.DeLEEUW	E.DeLEEUW		
VIC/Nat M	VIC/EBSC M	DOGW/VA	NSM/Prov	NSM/Prov	Apr19	NAN/Prov	WRW/EBSC	WRW/VAN
27.91	29.21	33.92	36.14	36.18		41.63	50.05	59.2
S.MacDON, A.RHODES	H.VERSFELI	H.VERSFELI	G.LOPEZ	Free 100m	L.MacPhers	E.DeLEEUW	E.DeLEEUW	
VIC/Nat M	VIC/NAT M	VERN/NAN	DOGW/Prc	NSM/Prov	Apr19	NAN/Prov	WRW/UBC	WRW/VAN
01:01.8	01:10.1	01:14.2	01:18.1	01:25.9		01:33.1	01:59.5	02:10.8
S.MacDON, A.RHODES	H.VERSFELI	H.VERSFELI	L.MacPHER	Free 200	L.MacPhers	E.DeLEEUW	E.DeLEEUW	
VIC/EBSC F	VIC/NAT M	VERN/Prov	VERN/Vern	RMSC/NAN	JAN14	NAN/Prov	WRW/EBSC	WRW/VAN
02:19.7	02:37.8	02:41.0	02:57.1	03:08.9		03:22.1	04:23.3	04:52.6
S.MacDON, J.BROWN	H.VERSFELI	H.VERSFELI	L.MacPHER	Free 400	L.MacPhers	E.DeLEEUW	B.BRUSSEL	
VIC/EBSC F	OMSC/Nat	VERN/NAN	DOGW/Prc	SSM/PROV	APR13	NAN/Prov	WRW/EBSC	OKM/Prov
04:57.6	05:30.4	05:50.3	06:08.0	06:42.0		07:06.9	09:06.6	10:33.6
S.MacDON, J.BROWN	H.VERSFELI	H.VERSFELI	L.MacPHER	Free 800	L.MacPhers	E.DeLEEUW	B.BRUSSEL	
VIC/NAT M	OMSC/Nat	VERN/NAN	VERN/Pent	SSM/PROV	APR13	NAN/Prov	WRW/EBSC	OKM/Prov
0.439248	11:25:48	0.51015	13:05.6	0.584097		14:39:56	0.760833	22:12.2
S.MacDON, H.VERSFELI	H.VERSFELI	A.FABRE	L.MacPHER	Free 1500	L.MacPHERSON			
VIC/NAT M	OKM/Prov	VERN/NAN	VIC/Prov	A SSM/PROV	APR13	NAN/PROV	Apr19	
20:39.6	22:26.2	23:15.7	25:58.5	26:20.4		28:05:55		
C.SHEEHAN, K.GRAHAM	K.GRAHAM	H.VERSFELI	J.PARNELL	Back 50m	J.PARNELL	N.MORROV	N.MORROV	
OKM/NAN	KISU/NAT	DOGW/Prc	VERN/Vern	NVR/PROV	APR04	NSM/NAT	VIC/PROV	WRW/PRO
33.99	36.3	37.78	42.16	45.28		49.36	58.02	01:08.2
C.SHEEHAN, K.GRAHAM	B.PRONK	H.VERSFELI	J.PARNELL	Back 100	J.PARNELL	N.MORROV	N.MORROV	
OKM/NAN	PENT/NAT	CRGW/WA	DOGW/Prc	NVR/EBSC	MAR03	NSM/Prov	VIC/PROV	WRW/PRO
01:12.9	01:21.4	01:25.0	01:30.5	01:43.7		01:49.8	02:13.9	02:33.8
C.SHEEHAN, J.BROWN	B.PRONK	H.VERSFELI	J.PARNELL	Back 200	J.PARNELL	C. STAMHU	C. STAMHUI	
OKM/NAN	OMSC/Nat	CRGW/Cov	VERN/Vern	NVR/NAT	MAY03	NSM/Prov	OKM/Prov	OMSC/Prov
02:40.8	02:55.5	03:01.9	03:13.3	03:46.9		04:08.9	04:42.6	05:45.2
S.MacDON, A.RHODES	B.PRONK	B.PRONK	G.LOPEZ	Brst 50m	J.PARNELL	E.DeLEEUW	E.DeLEEUW	
VIC/EBSC F	VIC/TO MA	CRGW/Nat	CRGW/Nat	NSM/Prov	Apr19	NSM/Prov	WRw/EBSC	WRW/VAN
37.11	38.63	41.4	45.95	49.43		54.63	01:11.2	01:25.4
S.MacDON, S.MacDON, A.RHODES	B.PRONK	J.PARNELL	Brst 100m	M.GRYPINK	E.DeLEEUW	B.BRUSSEL		
VIC/Nat M	VIC/EBSC M	VIC/Prov	A CRGW/Nat	NVR/PROV	APR03	WCM/PEN	WRW/EBSC	OKM/Prov
01:21.2	01:25.1	01:31.5	01:43.6	02:04.8		02:12.8	02:35.4	03:27.2
A.RHODES	B.PRONK	B.PRONK	B.PRONK	E.VARTY	Brst 200m	E.DeLEEUW	E.DeLEEUW	B.BRUSSEL

VIC/Prov A CSS/AUS M CRGW/WA CRGW/Pro COWI/NAT MAY09 WRW/UBC WRW/EBSC OKM/Prov
03:06.1 03:06.5 03:23.7 03:53.7 04:22.9 05:04.9 05:29.7 07:20.2

S.MacDON.S.MacDON.K.GRAHAM H.VERSFELI G.LOPEZ Fly 50m E.DeLEEuw
VIC/Nat M: VIC/EBSC N DOGW/Nat DOGW/Prc NSM/Prov Apr19 Wave/Prov Apr04
31.23 33.1 36.08 41.08 46.32 01:08.3

S.MacDON.K.GRAHAM K.GRAHAM A.FABRE E.VARTY Fly 100m
VIC/NAT M KISU/NAT I DOGW/Nat VIC/NAT M COWI/PROV APR09
01:17.5 01:24.8 01:29.0 01:40.9 02:22.9

A.RHODES A.RHODES K.GRAHAM L.MacPHER L.MacPHER Fly 200m
VIC/ANAC J VIC/NSM O DOGW/Nat SARM/Prov SHUM/Prov Apr13
03:18.7 03:15.1 03:31.0 03:49.5 03:59.0

S.MacDON S.MacDON.K.GRAHAM H.VERSFELI J.PARNELL IM 100m J.PARNELL E.DeLEEuw
VIC/Nat M: VIC/EBSC N DOGW/Pro DOGW/Prc NVR/PROV NSM/NAT I WRW/EBSC Feb9
01:11.9 01:14.2 01:24.7 01:30.6 01:49.5 01:56.3 02:26.2

S.MacDON.J.BROWN A.RHODES H.VERSFELI E.VARTY IM 200m E.DeLEEuw
VIC/EBSC F OMSC/Nat VIC/Prov A DOGW/Prc COWI/NAT Wave/Prov Apr04
02:40.5 02:55.1 03:10.4 03:25.2 04:24.7 04:44.1

S.MacDON.B.PRONK B.PRONK A.FABRE E.VARTY IM 400m E.VARTY
VIC/NAT M CSS/COWI . CRGW/US (VIC/Prov A COWI/NAT MAY09 VIC/Prov APR16
05:55.5 06:25.2 06:49.5 08:08.2 09:17.5 10:39:41

RECORDS AS OF AUGUST 2023

95-99 100-104

B.BRUSSEL

WRW/Prov Apr19

01:06.8

B.BRUSSEL

WRW/Prov Apr19

02:25.7

B.BRUSSEL

WRW/Prov Apr19

05:09.2

B.BRUSSEL

WRW/CHILL Mar19

10:51.2

B.BRUSSEL

WRW/Prov Apr19

21:29.7

B.BRUSSEL

WRW/VAC FEB19

01:19.3

B.BRUSSEL

WRW/Prov Apr19

02:50.5

IS

/ Apr22

B.BRUSSEL

WRW/CHILL Mar19

01:36.4

B.BRUSSEL

WRW/Prov Apr19

03:52.5

B.BRUSSEL

WRW/Prov Apr19
08:27.9